

MEDICAL RECORD -- SUPPLEMENTAL MEDICAL DATA

For use of this form, see AR 40-400; the proponent agency is the Office of the Surgeon General.

REPORT TITLE

CERVICAL TRACTION HOME INSTRUCTIONS

OTSG APPROVED (Date)

PART I - SUBJECTIVE

1. Age	2. Gender <input type="checkbox"/> Male <input type="checkbox"/> Female	3. Diagnosis	4. Name of attending health care provider, clinic or service
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PART II - OBJECTIVE

5. The patient was given the following written and verbal instruction of Cervical Traction Home unit use:

a. WHAT IS CERVICAL TRACTION? Home cervical traction is used for neck pain. It is a device that performs a passive stretch to neck joints, muscles and ligaments by using a weight and pulleys. Further, it helps to relieve irritation of nerves in the neck and to improve joint motion.

b. CARE AND MAINTENANCE OF THE HOME CERTICAL TRACTION UNIT.

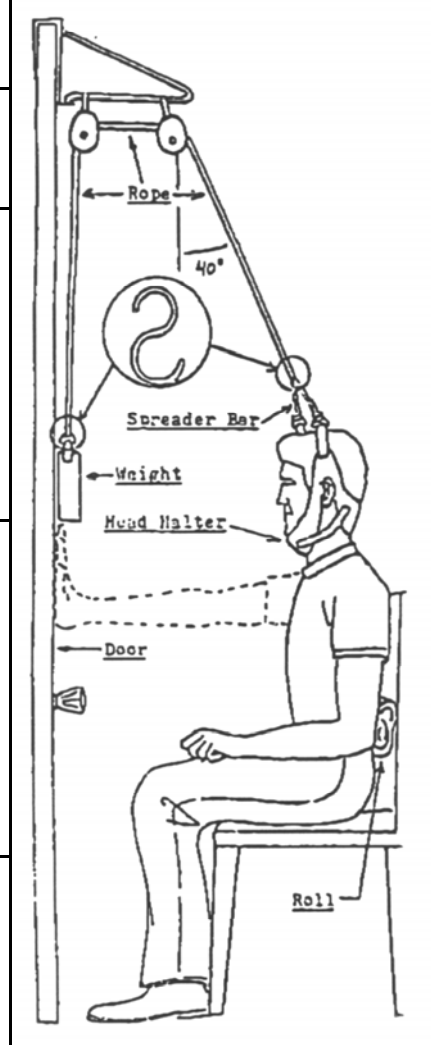
- (1) Keep traction unit apparatus clean and all parts together.
- (2) If using water in the weight bag, empty the water and drain the bag to air dry.
- (3) Recheck the parts to make sure they are secure and in good working condition.

c. HOW TO USE THE HOME OVER THE DOOR CERVICAL TRACTION UNIT.

- (1) Assemble traction and place the overhead traction unit over the top of a door.
- (2) Fill the weight bag to 10 lbs, unless otherwise directed. Once the bag is filled, support it on a table or chair and attach it to the apparatus.
- (3) Sit in a chair facing the door so that you are one arm's length (about 18 inches) from the weight. This will put your head into a slight forward position so that the pull will be more from the back of the skull rather than from the chin.
- (4) The head halter should be applied with one pad under the chin and the other behind the base of the skull (at hairline). Place the loops on the spreader bar.
- (5) Gently lower the weighted bag. The pull should be forward and up from the back of your neck. Move the chair back if the pull is on your chin.

d. HOW TO USE THE HOME SUPINE TRACTION UNIT.

- (1) Assemble traction and place the supine traction unit into the door jam.
- (2) Fill the weight bag to 10 lbs, unless otherwise directed. Once the bag is filled, support it on a table or chair and attach it to the apparatus.
- (3) The head halter should be applied with one pad under the chin and the other behind the base of the skull (at hairline). Attach to apparatus.
- (4) Lie on your back, on a bed or on the floor, with your head towards the door that the pulley is suspended from. Your legs should be slightly bent and supported with a pillow.
- (5) Your head should be in line with the traction unit. The distance from the door will be determined by the height of the surface you lie on.
- (6) Gently lower the weighted bag. The pull should be from the back of your neck. Adjust the distance if the pull is on your chin.



(Continue on reverse)

PREPARED BY (Signature & Title)

DEPARTMENT/SERVICE/CLINIC

DATE

PATIENT'S IDENTIFICATION (For typed or written entries give: Name--last, first, middle; grade; date; hospital or medical facility)

- | | |
|--|--|
| <input type="checkbox"/> HISTORY/PHYSICAL | <input type="checkbox"/> FLOW CHART |
| <input type="checkbox"/> OTHER EXAMINATION OR EVALUATION | <input checked="" type="checkbox"/> OTHER (Specify)
Cervical tractio home instruction |
| <input type="checkbox"/> DIAGNOSTIC STUDIES | |
| <input type="checkbox"/> TREATMENT | |

e. PROPER USAGE.

- (1) Remain released during the treatment. Traction may aggravate your symptoms if you are not relaxed.
- (2) When the weight is comfortable, you can increase the weight 1 lb daily or 2-1/2 lbs every three days until 20 lbs is reached. DO NOT use more than 20 lbs!
- (3) Length of treatment: 20 minutes.
 - (a) You can let the unit pull for 5 minutes and rest for 2 minutes (repeat 4 times), or
 - (b) You can let the unit pull for 2 periods of 10 minutes each with a 5-minute rest interval.
- (4) It is advisable to use the traction unit daily, unless otherwise prescribed, but no more than twice a day.
- (5) To conclude a treatment session, hold onto the spreader bar and slowly release the traction (the weight).
- (6) If you have more pain, try decreasing the weight or the time on the unit.
- (7) If traction causes denture problems, you may want to remove your dentures while undergoing your treatments.
- (8) If you get jaw pain, place padding between your teeth and decrease the weight.
- (9) Traction should NOT be painful. If you have any undue discomfort or reactions (dizziness, blurred vision, blackout spells or headaches), stop traction treatment and consult your physical therapist or health care provider.

PART III - ASSESSMENT (Item 6)

The patient verbalized and demonstrated an understanding of the above instructions.

PART IV - PLAN (Item 7)

The patient was instructed to use the home cervical traction unit per guidelines above and to follow up with the prescribing health care provider as instructed or needed.

PART V - GOAL (Item 8)

Using written and verbal instruction, teach the patient how to properly use home cervical traction to self-administer a gentle, passive cervical stretch, and for care and routine maintenance of the unit. The goal was met.

I understand the instructions given today and will consult my physical therapist or health care provider if I have any questions concerning these instructions or if I want additional information.

Patient's signature